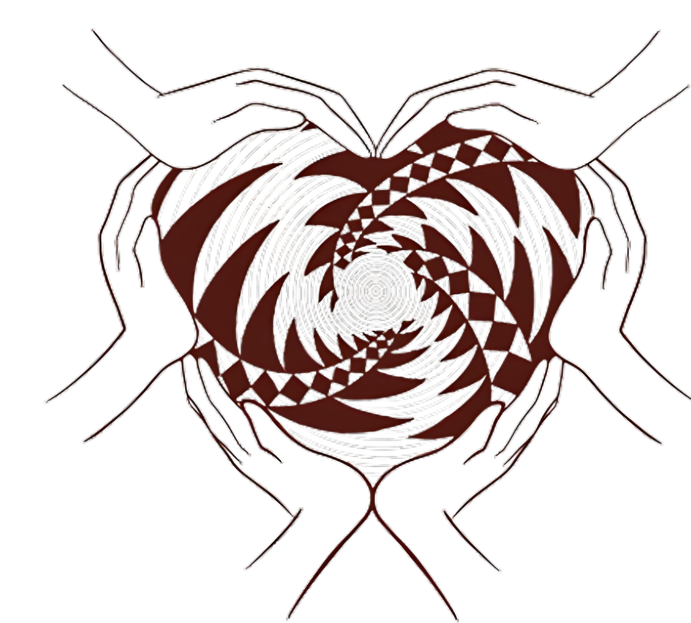


Sonoma County Indian Health Project, Inc: The Aunties & Uncles Program



This work was made possible in part by funds received from the California Department of Public Health, Office of Health Equity's California Reducing Disparities Project, Contract #16-10760

LOCATION

Sonoma County, California

WHO WE SERVE

- Native American Youth 14 - 24 Years Old
- Families
- Manchester/Point Arena Rancheria
- Kashia Band of Pomo Indians of Stewarts Point Rancheria
- Cloverdale Rancheria of Pomo Indians
- Dry Creek Rancheria
- Graton Rancheria
- Lytton Rancheria

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SOCIAL MEDIA



Sonoma County Indian Health Project, Inc.

ABOUT OUR PROGRAM

Aunties and Uncles Program (AUP) is an innovative, strengths-based program that centers culture as a protective factor in intergenerational, youth-focused behavioral health interventions. To normalize behavioral health challenges and reduce stigma, we engage youth and their families in cultural activities combined with behavioral health education, community resources, and self-care practices. These strategies include:

- Talking Circles (Youth/Adult/Elder)
- G.O.N.A (Gathering of Native Americans)
- Family Fun Nights (Bingo Night, Game Night, Paint Night, Etc.)
- Cultural Workshops (Beading, Clapper Sticks, Medicine Bag, Regalia, Etc.)
- Native Graduation
- Back-to-school Giveaway
- Memorial Gathering
- Veterans Celebration
- Native Clubs
- Native Youth Internship Program

AUP works in partnership with the six consortium tribes in Sonoma County. The community-based prevention approach requires nurturing of cultural and community relationships with a decentralized approach which enhances sustainability and representation of tribal leadership.



EVALUATION DESIGN & METHODS – 2018-2021 and 2023 - 2025

- The AUP evaluation focused on community-wide prevention and early intervention strategies for mental health and wellness with an emphasis on the Native Youth Internship.
- AUP program staff and the community-based Eagle Council guided the evaluation design, implementation and preliminary analysis of the data to assure cultural relevancy and competency.
- The mixed-methods evaluation design measured program process, community and individual impact outcomes.
- Qualitative data was collected through staff reported observations, key informant interviews, and focus groups to determine value, benefit and impact.
- Quantitative data included community participation rates for each event to demonstrate reach and exposure and pre/post-surveys to illustrate change in risk and protective factors for mental health.

RESULTS



650
COMMUNITY MEMBERS
SERVED PER YEAR

- Community building among Natives promotes belonging, supports resilience.
- Community events are inclusive and intergenerational
- Elders acknowledged and honored, children given space to play, youth engaged in a non-judgmental and safe space.
- Coming together allowed opportunities to meet new community members: youth met Native peers, elders and mentors allowing the exchange of knowledge to support family health and culture.

“ Affirmed, welcomed, related, confident, hopeful... ”

“ We felt we belonged... ”

NEXT STEPS

Continuing Intergenerational events and activities honoring the culture by including the whole family. Family is the foundation for community. The benefits of community building were supported by the evaluation findings.

